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NEW YORK CITY NO. 1 FREE DAILY IN
Wednesday, April 25, 2018 metro.us | t: MetroNewYork | f: Me

ISTOCK

L TRAIN SHUTDOWN

Transit activists gathered on City Hall steps to demand a solution during the shutdown. 8

'Dungeons & Dragons' moves from your parents' basement to the stage. 19

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SUMMER PROGRAMS
FOR HIGH SCHOOL STUDENTS

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HULU

UNDER HIS EYE

'The Handmaid's Tale' is back. The most important TV show in years comes back heavier, darker — and yeah … is a total must-see. Here's everything you need to get ready for the premiere of the second season. Praised be. 16, 18

Do you bleed Yankee blue? Prove it at Grand Central. 10

5 THINGS YOU NEED TO KNOW

WELCOME TO METRO.US

RACHAEL VAUGHAN CLEMMONS

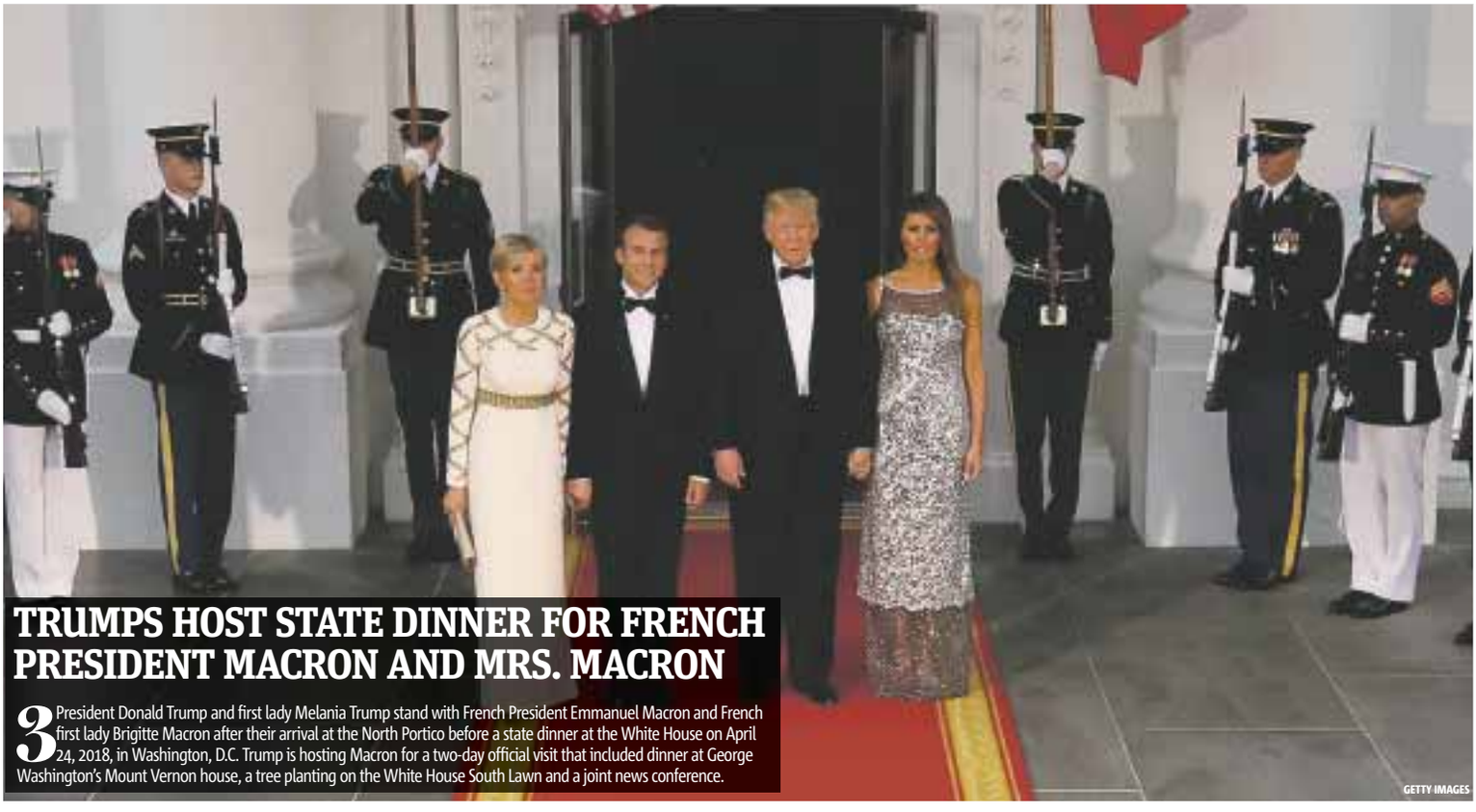
Today, the second season of "The Handmaid's Tale" premieres (with two episodes!), expanding the universe of Gilead while still making your heart sink to the pit of your stomach with freshly made horrors. Sound like a good time? Head over to page 16 where we chat with "Handmaid's" star Samira Wiley about the series' unmistakeable similarities to slavery and page 18 for a frightening confirmation that we're not so far from a dystopian and totalitarian patriarchy after all. Under his eye, y'all.

OFFICIAL: WH DOCTOR JACKSON TO FIGHT FOR JOB

1 President Donald Trump's physician Ronny Jackson will not withdraw as the nominee to head the Veterans Affairs department and will fight allegations about his conduct that surfaced ahead of a Senate confirmation hearing, a White House official said on Tuesday. Jackson met with Trump on Tuesday after the president said he was leaving the decision up to the physician. The White House is now preparing a defense, feeling that Jackson — well liked by administration figures from both parties — was being railroaded. "We're pushing back," the official said, speaking on condition of anonymity. President Donald Trump on Tuesday said his presidential physician must decide whether or not to move forward as his nominee to lead the Veterans Affairs department, saying he had not heard about reported allegations of past behavior issues. Speaking to reporters at a White House news conference, Trump said his pick, Ronny Jackson, was "one of the finest people that I have met" and "a great leader," but that he did not want to put him through an ugly nomination process in the U.S. Senate.

TRUMP AND MACRON SEEK NEW MEASURES ON IRAN

2 President Donald Trump and French President Emmanuel Macron pledged on Tuesday to seek stronger measures to contain Iran, as the U.S. leader considers whether to ditch an international accord meant to prevent Tehran from obtaining a nuclear weapon. At a joint news conference after lengthy talks, Trump did not repeat threats to withdraw from the 2015 agreement with Iran which was negotiated by his predecessor, former President Barack Obama, but made clear he has little patience for staying in the deal. Midway through a three-day state visit by Macron, the two leaders were remarkably chummy, repeatedly shaking hands and extolling each other's friendship. The friendliness extended to their talks on Iran, Syria and trade but there was no indication of a breakthrough on Macron's bid to persuade Trump to keep the U.S. in the Iran nuclear deal, maintain troops in Syria and exempt European allies from steel tariffs. "It's not a mystery, we did not have the same starting positions, stances, and neither you nor I have a habit of changing our stances or going with the wind. That being said, I can say that we've had a very frank discussion," said Macron.



TRUMPS HOST STATE DINNER FOR FRENCH PRESIDENT MACRON AND MRS. MACRON

3 President Donald Trump and first lady Melania Trump stand with French President Emmanuel Macron and French first lady Brigitte Macron after their arrival at the North Portico before a state dinner at the White House on April 24, 2018, in Washington, D.C. Trump is hosting Macron for a two-day official visit that included dinner at George Washington's Mount Vernon house, a tree planting on the White House South Lawn and a joint news conference.

GETTY IMAGES

FORMER NYC PROSECUTOR GUILTY IN GUN BRIBE CASE

4 A New York City lawyer was found guilty in Manhattan federal court on Tuesday of bribing a police sergeant to help his clients get gun licenses. John Chambers, who once worked as an assistant district attorney in Brooklyn, was convicted by a jury of bribery, conspiracy and fraud after a little more than three hours of deliberations, which began Monday afternoon. "We are disappointed in the verdict and will take the case up on appeal," said Chambers' lawyer, Roger Stavis. Chambers, 63, was arrested in April 2017. Prosecutors said he paid bribes including cash, Broadway tickets, clothes and an $8,000 watch to David Villanueva, a former sergeant in the NYPD's gun licensing division. In exchange, they said, Villanueva helped Chambers' clients bypass the normal channels for getting gun licenses. "John Chambers paid bribe after bribe to put guns in the hands of people who had no business having them," Assistant U.S. Attorney Paul Monteleoni told jurors during his closing argument on Monday. Villanueva was also charged, but pleaded guilty and agreed to cooperate with prosecutors and testified against Chambers during the trial last week.

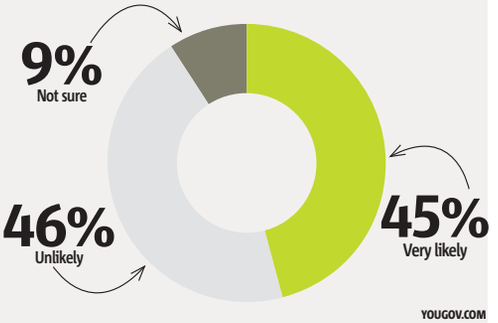
RAPPER MEEK MILL FREED AFTER MONTHS IN JAIL

5 Rapper Meek Mill, who had been incarcerated for five months on a probation violation, was released from a Pennsylvania jail on Tuesday, his attorney said, after the state's top court granted him bail, capping a star-laden campaign to have him freed. The Pennsylvania Supreme Court ordered a lower court to release the "All Eyes on You" rapper and grant him a new hearing because of "credibility issues with a police officer who was a 'critical witness'" in his 2008 gun and drug convictions, court documents show. "I'd like to thank God, my family and all my public advocates for their love, support and encouragement during this difficult time," Meek Mill said in a statement on Twitter. "While the past five months have been a nightmare, the prayers, visits, calls, letters and rallies have helped me stay positive." Meek Mill, whose legal name is Robert Williams, was sentenced to two to four years in prison for probation violations stemming from his 2008 conviction. His case became a cause for recording artists, athletes and celebrities, and was seen by reform advocates as emblematic of a legal system they say treats minorities unjustly and hands out too harsh of punishments.

STATS

MUELLER INVESTIGATION

How likely is it that special counsel Robert Mueller will wrap up his investigation within the next six months?



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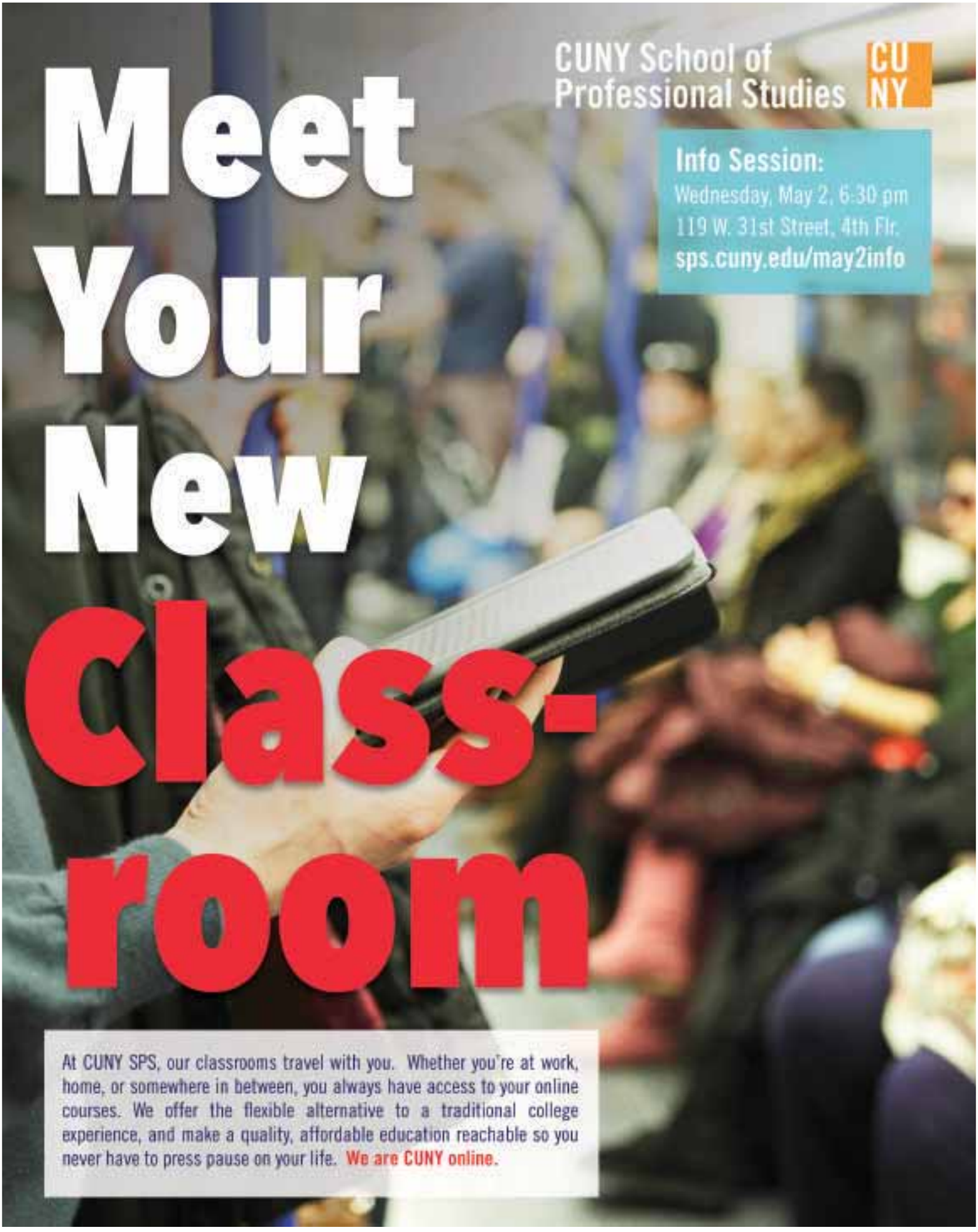
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Unlike human flu, dog flu doesn't have a season, so as the weather gets nicer and your dog spends more time outside, here are some things to know about the highly contagious virus. GETTY IMAGES

It may be spring, but dog flu is still something to be concerned about

Unlike human flu, dog flu doesn't have a season, so as the weather gets nicer and your dog spends more time outside, here are some things to know.

NIKKI M. MASCALI
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While peak flu season for humans is thankfully over after a particularly infectious winter, there is no end for dog flu, which has seen nearly 500 cases of the highly transmissible, airborne virus across the country this year.

"I didn't see any cases in New York City this year, but there have been about 490 confirmed cases, mostly out west in California and Chicago," said Dr. Yasmine Mortsakis, founder of New York Veterinary Practice. "We think about it spreading because it does have a seasonality in the sense that dogs will be more social because it's not freezing out finally."

As the weather warms, New York dog owners will be heading to their favorite dog park or other city green spaces, where they will likely interact with other dogs more frequently. Dogs who go to doggie daycare are also more susceptible to the virus.

"We get concerned that we'll see outbreaks, particularly as people travel with their pets," Mortsakis said. "Your dog travels with you on an airplane, goes wherever you go. Just because it's out west, we think it's just a matter of time before someone jumps on a plane, and it's here."

ISTOCK

500

Number of dog flu cases across the U.S. so far in 2018.

SNIFFING OUT DOG FLU SYMPTOMS

high fever
loss of appetite
runny noses
sneezing
coughing

"Most dogs that come in contact with it are going to get sick. If left untreated or in severe cases, it can result in pneumonia or death, so it is something to be concerned about."

Dr. Yasmine Mortsakis

To make sure your pup is safe in the event of dog flu stretching across the nation, Mortsakis suggests getting your dog vaccinated against both strains that have been detected or making sure you're up to date on their shots.

"It's highly contagious and respiratory-based, and dogs don't have a natural immunity to it because it's a fairly new virus," she added. "Most dogs that come in contact with it are going to get sick. If left untreated or in severe cases, it can result in pneumonia or death, so it is something to be concerned about."

Symptoms include high fever, loss of appetite, runny noses, sneezing and coughing. Dogs who have the flu can spread it via communal water bowls or toys at dog parks or even their human, who can spread it to other dogs they come in contact with, though it is not transmissible to humans.

"There are so many ways to catch it in the city because we have such a dense population of people and humans — that's why it's so important to be vaccinated because the more dogs who are, the safer the environment is for our dog population," Mortsakis said.

While you certainly can't put your pooch in a plastic bubble before heading outside, some things you can do to keep your dog healthy is avoiding dogs that show the symptoms mentioned above, wiping your dog's paws when you come home and bringing your own water bowl to the dog park.

Mortsakis, who last saw confirmed dog flu cases in the city about four years ago, just wants New Yorkers to be aware that "it's around. It's a thing. We've just been fortunate so far it hasn't hit here — yet."

Visit dogflu.com for more info.

Dr. Yasmine Mortsakis says dog flu is highly contagious. NEW YORK VETERINARY PRACTICE

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Brooklyn, Bronx murals spark convos about mental health

The New York City Health Department hopes the murals both beautify the neighborhoods and change perceptions about mental health.

KRISTIN TOUSSAINT
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The city's health department is planning three new murals for Brooklyn and the Bronx that aim to put a spotlight on mental health, and you can help bring them to life.

The murals, which will be painted in Morrisania, Mount Hope and Crown Heights, are an expansion of the NYC Mural Arts Project, which aims to use the mural-making process as a way to spark discussions on mental health.

Local artists, people with mental health conditions and peer specialists, who are trained to support those with mental health conditions, collaborated through weekly workshops to design the murals.

"...the NYC Mural Arts Project is part of the city's effort to bring neighborhoods together..."
Dr. Mary T. Bassett, health commissioner

"By supporting people with mental health conditions and strengthening the bonds within our communities, the NYC Mural Arts Project is part of the city's effort to bring neighborhoods together and change the conversation around mental health," said Health Commissioner Dr. Mary T. Bassett in a statement.

Members of the public can help paint parts of these murals at two Community Paint Fests: On Saturday, April 28 from 11 a.m. to 4 p.m. at 1125 Grand Concourse in the Bronx and on Saturday, May 5 from 11:30 a.m. to 4 p.m. at 1224 Park Place, Brooklyn.

First Lady Chirlane McCray, who spearheaded ThriveNYC and leads other city mental health and substance misuse efforts, said in a statement that sharing "joyful" art that also has a strong message helps educate and beautify neighborhoods.

"When people see positive reflections of mental well being where they live, it helps put an end to stigma, isolation and misinformation," she added.

The Morrisania mural in the Bronx will be above the elevated Prospect Avenue subway stop; the Mount Hope mural, also in the Bronx, will be on the Davidson building on the 176th street corridor between Jerome Avenue and Davidson Avenue; and the Crown Heights, Brooklyn mural will be at MS354, The School for Integrated Learning.

"Our Everyday Heroes," by muralist Jon Souza and members of Community Access, will be on the 176th Street corridor between Jerome Avenue and Davidson Avenue in Mount Hope, the Bronx. NYC DEPARTMENT OF HEALTH AND MENTAL HYGIENE

www.metro.us

IMPORTANT NOTICE TO TENANTS WHO RECEIVE OR FORMERLY RECEIVED A NEW YORK CITY DEPARTMENT OF FINANCE "SCRIE" OR "DRIE" RENT FREEZE

YOU MAY QUALIFY TO HAVE YOUR RENT REDUCED

If you are a tenant in New York City who now receives, or used to receive, a rent freeze under the City's SCRIE (Senior Citizen Rent Increase Exemption) or DRIE (Disability Rent Increase Exemption) program, you may be entitled to have your rent reduced to your old frozen rent levels.

If you were unable to appeal a decision or renew your SCRIE or DRIE benefits at any time after December 1, 2011 because you needed more time to file due to a disability or physical or mental impairment, and either you lost your rent freeze benefit or your rent is now frozen at a higher level, you have a chance to be reinstated at your old rent level, even if you have already been reinstated but at a higher rent. This is because of a settlement of a class action case in federal court, *Pfeffer et al v. DOF et al*, 15 CV 3547, Magistrate Judge Lois Bloom presiding.

To see if you qualify, you must apply to be reinstated by submitting either an "Application for Additional Time to Renew Lapsed Benefit" or an "Application for Additional Time to Renew Expired Benefit." If you need an application you can request one by calling 311 to request one of these Department of Finance ("DOF") applications, or by visiting a DOF office (open Monday through Friday, 8:30 a.m. to 4:30 p.m.):

Manhattan: SCRIE/DRIE Walk-In Center, 66 John Street, 3rd Floor
Bronx: 3030 Third Avenue, 2nd Floor
Brooklyn: 210 Joralemon Street
Queens: 144-06 94th Avenue, Jamaica
Staten Island: 350 St. Marks Place

When you submit the application form to DOF, you also may need to provide documents that show your household's financial eligibility, along with copies of old leases. Further information on financial eligibility is available by contacting the Department of Finance at 311 or online at http://www1.nyc.gov/site/rentfreeze/index.page. If you paid a higher rent than your original frozen rent, you may be entitled to reimbursement of the excess rent payments if you provide proof of payment of this higher rent with your application.

You may also contact DOF's Disability Services Facilitator if you have any questions about this process or need help with the form or obtaining documents by calling 311 or submitting an on-line message at: nyc.gov/contactdofeeo.

Please send the application and any supporting documentation to the address on that application **no later than October 26, 2018**:

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YOU ARE ENTITLED TO OBJECT TO THE PROPOSED SETTLEMENT:
The federal court will hold a hearing on the fairness of the proposed settlement on July 18, 2018 at 10 AM at the federal courthouse in Brooklyn, Eastern District of New York, 225 Cadman Plaza East, Courtroom 11A South, Brooklyn, New York 11201. Anyone desiring a copy of the settlement agreement may request a copy by contacting counsel for Plaintiffs' Counsel:

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(212) 790-0384

JASA/Legal Services for the Elderly In Queens:
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97-77 Queens Boulevard, Suite 600
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(718) 286-1500

Northern Manhattan Improvement Corporation Legal Services
Matthew J. Chachère, Esq.
45 Wadsworth Ave.
New York, NY 10033
(212) 822-8300

Anyone wishing to make objections may either appear in person at the courtroom on the day and time listed above or may mail any objections to Magistrate Judge Lois Bloom at the Eastern District of New York, 225 Cadman Plaza East, Brooklyn, New York 11201. Any letter raising objections should note that the objections are being filed in the case of *Pfeffer v. DOF*.

Straphangers, transit activists call for 24/7 bus service during L train shutdown

Without a stronger bus plan during the L train shutdown, activists argue, the city will see a "carpocalypse" as riders turn to alternate transit options.

KRISTIN TOUSSAINT
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42,000

Transit groups said that as many as 42,000 vehicles could be added to the roads during the L train shutdown.

Transit activists and L train riders gathered on the City Hall steps on Tuesday to demand that the city implement a 24/7 transit plan during the scheduled L train shutdown.

Members of the Riders Alliance, Regional Planning Association, Transportation Alternatives, Straphangers Campaign and Tri-State Transportation Campaign were present, calling on Mayor Bill de Blasio to enact a 24/7 busway on 14th Street.

This service would provide a necessary transportation alternative to those who rely on the L train during the 15 months the subway line will be shut down, activists said.

If even just a small portion of those L train riders rely on private cars for their commutes during the shutdown, it would cause "gridlock like New York City has never seen before," said John Raskin, executive director of Riders Alliance.

Fifty thousand people ride the L train along 14th Street every day in Manhattan alone per MTA data, the transit groups said. They estimated those riders would fit into about 400 bus trips on 14th Street.

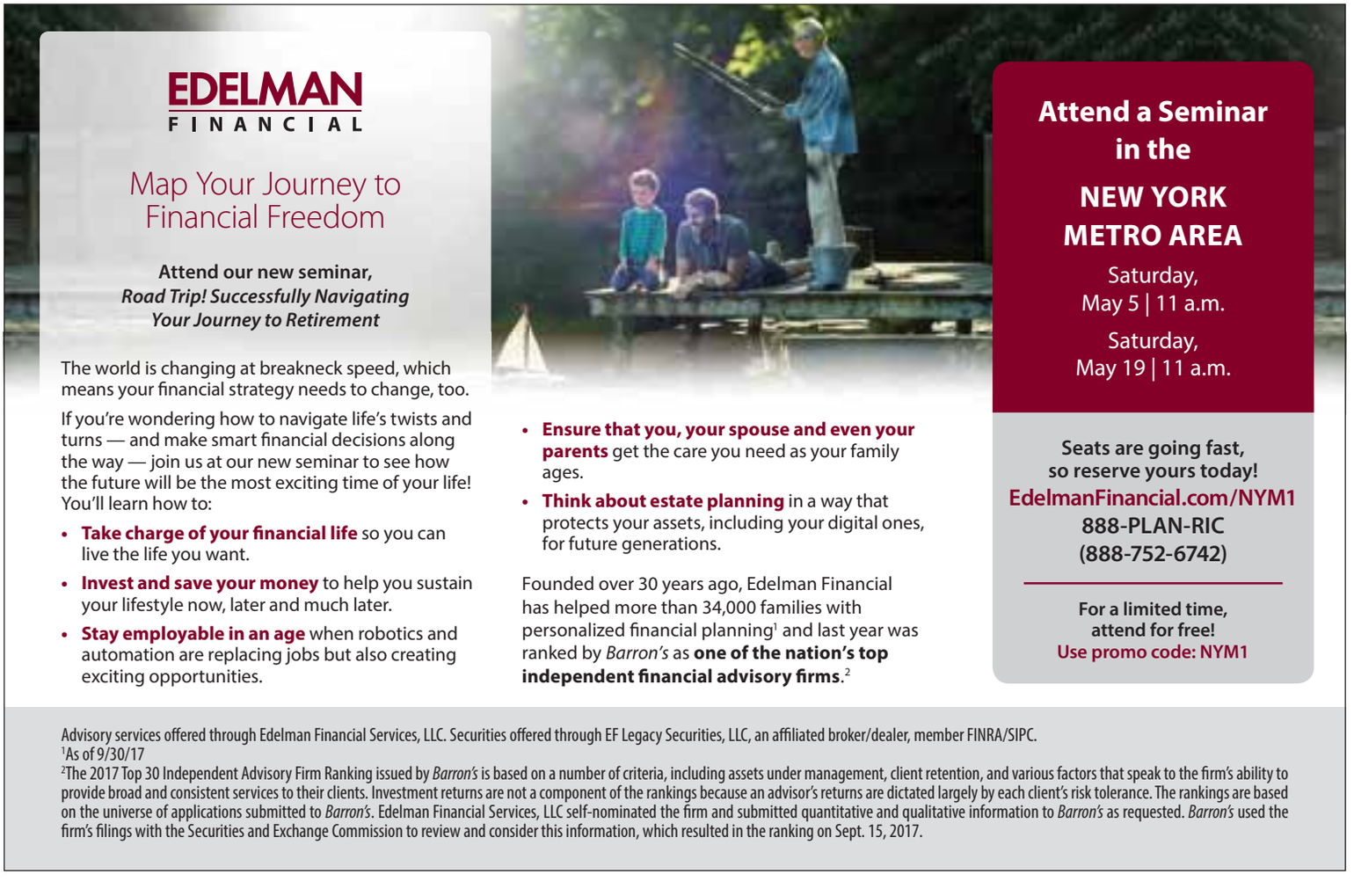
But if there is not a strong bus plan for that route while the L train is not running, it could cause as many as 42,000 extra vehicles, the transit groups estimated, to flood 14th Street, choking that road and the surrounding residential blocks with congestion.

Transit activists gathered on City Hall steps to demand a 24-hour transportation solution during the L train shutdown.
TWITTER/TRANSALT

This surge in vehicular traffic would quickly become a "nightmare scenario," they warned. Members of the transit groups even called the possibility a "carpocalypse" and "Lmageddon."

"If we don't have a comprehensive plan to make shuttle buses seamless and easy to use, all day and all night, we're looking at a year of pure misery on both sides of the river," Raskin said in a statement. "L train riders and neighbors near 14th Street have the same goal: Let's get as many people onto buses as possible, to help people get around town and rescue neighborhood streets from 15 months of gridlock and honking."

Straphangers on the L who travel between Brooklyn and Manhattan total about 225,000, and if all those displaced riders took cars instead of the subway, "it would require building an additional three to four East River bridges with four to five travel lanes each," according a Transportation Alternatives study on the shutdown.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Location: Child Study Center, One Park Avenue, 7th Floor

To attend Child Study Center lectures, please register at nyulangone.org/cscworkshops.

Tics and Tourette's Disorder: What Families Should Know to Get the Help They Need
Date: Tuesday, May 15 Time: 1:00–1:30 pm
Location: Online

To view the webinars, visit nyulangone.org/cscwebinars.

HEART HEALTH

The Link Between Cardiovascular Health and Alzheimer's Disease
Date: Tuesday, May 22 Time: 6:15–7:15 pm
Location: 550 First Avenue, Alumni Hall B

To attend Heart Health lectures, please email cvdprevention@nyumc.org or call 646-501-2190.

MULTIPLE SCLEROSIS

New Advances and Breakthroughs in Multiple Sclerosis Treatments
Date: Tuesday, May 1 Time: 6:30–7:30 pm
Location: 789 Park Avenue, 2nd Floor, Huntington, NY

To RSVP, please call Elayne Feld at 646-501-7526.

WOMEN'S HEALTH

Women's Health Forum
Date: Thursday, May 17 Time: 5:30–7:00 pm
Location: 180 Pulaski Road, Huntington Station, NY

To RSVP for this lecture, please call 631-425-2241.

PERLMUTTER CANCER CENTER

Hepatitis B: Strategies for Protecting Yourself and Staying Healthy
Date: Thursday, May 3 Time: 12:00–1:30 pm
Location: 760 Broadway, 10th Floor Solarium, Brooklyn, NY

To RSVP for this lecture, please call 718-963-5771.

Skin Cancer Screening
Date: Tuesday, May 8 Time: 12:30–4:30 pm
Location: 240 East 38th Street, 12th Floor

No RSVP necessary. Arrive no earlier than 12:00 pm and no later than 4:30 pm to ensure that you are seen.

Brain Health: What You Need to Know
Date: Thursday, May 10 Time: 6:00–7:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Medical Marijuana and Cancer
Date: Tuesday, May 15 Time: 6:00–7:00 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

Hepatitis B: Strategies for Protecting Yourself and Staying Healthy
Date: Thursday, May 17 Time: 6:00–7:30 pm
Location: 550 First Avenue, Smilow 1st Floor Seminar Room

Updates on the Diagnosis and Management of Prostate Cancer
Date: Thursday, May 24 Time: 5:30–6:30 pm
Location: 160 East 34th Street, 11th Floor, Room 1121

To attend Perlmutter Cancer Center lectures, please visit nyulangone.org/cancerrsvp, email cancerevents@nyumc.org, or call 212-263-2266.

NYU Langone Health

MADE FOR NEW YORK.

Grand Central Station will be the site of a blood drive this Thursday. GETTY IMAGES

Blood drive in Grand Central Station planned for tomorrow

The first 250 donors will get tickets to an upcoming Yankees game in exchange for a pint, the New York Blood Center said.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

The New York Blood Center is looking for people who can take a second out of their morning (or evening) commute to donate blood this Thursday, and early birds have a chance at getting Yankees tickets in exchange.

It takes less than an hour to donate, the blood bank says, and appointments are encouraged, but walk-ins will be welcome.

To be eligible as a donor, you must be 16 years or older (or have parental consent if not), weigh at least 110 pounds, be in good health and meet all U.S. Food & Drug Administration and New York or New Jersey State Department of Health donor criteria. Donors over 76 must either have a doctor's note on file with the New York Blood Center or bring one in on the day of the drive.

Donors need to bring identification with a photo or signature, as well, and are encouraged to eat and drink before donating.

One donation can save multiple lives, the Blood Center says, and nearly 2,000 donations are needed each day just in New York and New Jersey alone.

Donors with O-negative blood type, also called "universal donors," are especially encouraged to attend, the blood bank says, as their blood can be used in emergencies. To make an appointment to donate, call 800-933-2566 or online at nybc.org.

2,000

The Blood Center says that nearly 2,000 donations are needed each day just in New York and New Jersey alone.

DONATION INFORMATION

The nonprofit blood bank will host a 12-hour blood drive at Grand Central Terminal on April 26.

The first 250 New Yorkers who stop off and spare a pint will get tickets to an upcoming Yankees game.

This is the sixth annual blood drive hosted by the New York Blood Center and MTA Metro-North Railroad. It will be set up at Grand Central Terminal's Vanderbilt Hall from 8 a.m. to 8 p.m.

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Toronto police eye deadly van attack suspect's 'cryptic message' online

Canadian authorities have declined to say whether anger toward women had motivated the attack.

The man accused of plowing a rental van into pedestrians on a crowded Toronto sidewalk, killing 10 people in Canada's deadliest mass killing in decades, left a "cryptic message" on social media before his attack, police said on Tuesday.

Suspect Alek Minassian, 25, was charged with 10 counts of murder and 13 counts of attempted murder in the incident.

One possible clue to his motive emerged on Tuesday as Facebook confirmed Minassian wrote a post before the incident that referenced an "incel rebellion." The term is shorthand used in some online message boards for "involuntary celibacy," a loose social media movement of men who blame women for their celibacy.

The post also voiced admiration for a man who killed six college students before taking his own life in California in 2014 and who cited the "cruelness of women" for his virgin status.

"The accused is alleged to have posted a cryptic message on Facebook minutes before" the attack, Graham Gibson, a Toronto police detective sergeant, told a news conference. The majority of the victims were women, ranging in age from their mid-20s to early 80s, Gibson said.

He said the question of whether the attack was driven by anger against women was "going to be part of our investigation."

Facebook has since deleted Minassian's account, a representative said. "There is absolutely no place on our platform for people who commit such horrendous acts," she said in an email.

Minassian kept his shaved head down during a brief court appearance in Canada's largest city, speaking quietly with a defense lawyer and stat-

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Prime Minister Justin Trudeau called on Canadians to stand united with Toronto. ALL PHOTOS GETTY IMAGES

ing his name in a steady voice when asked to do so.

Prime Minister Justin Trudeau said there was no reason to suspect any national security connection.

Trudeau called on all Canadians to stand united with Toronto as flowers and scrawled messages in multiple languages piled up at a makeshift memorial in the city's north end, an ethnically diverse neighborhood of towering office buildings, shops, restaurants and homes.

"We cannot as Canadians choose to live in fear every single day as we go about our daily business," Trudeau told reporters outside of parliament in Ottawa.

The prime minister said the incident had not changed the country's threat level or security preparations for a G7 summit in Quebec in June.

Minassian had briefly served in Canada's armed forces in late 2017 but asked to be voluntarily released after 16 days of training, defense ministry spokeswoman Jessica Lamirande said.

The suspect's two-story red-brick home in a suburb north of Toronto was a crime scene Tuesday, taped off and surrounded by police vehicles.

Details about the dead emerged on Tuesday, with a South Korean foreign ministry representative saying that two of that country's citizens were killed and one injured in the attack. The representative spoke on condition of anonymity because he was not authorized to speak to the media. REUTERS

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Hundreds of worst pain sufferers from tri-state area calli

***NYC Pain MD* is a clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get further into this:

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: <u>There is no one treatment that will help every case of back pain.</u> And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy: "Radiofrequncy Neurotomy" is often referred to as RF for short.

Just what is "RF"?

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced medical imaging to "block"thenerves and slow down the pain.

Two procedures are performed. First, a test, diagnostic "Block" procedure is [illegible] pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" . . . it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again? able to finally get a goodnight's sleep again? How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and i*s not surgical.*

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

d Back Pain Victims Choosing
s Before Drugs or Surgery?

t Difficult Cases Finally Have Options

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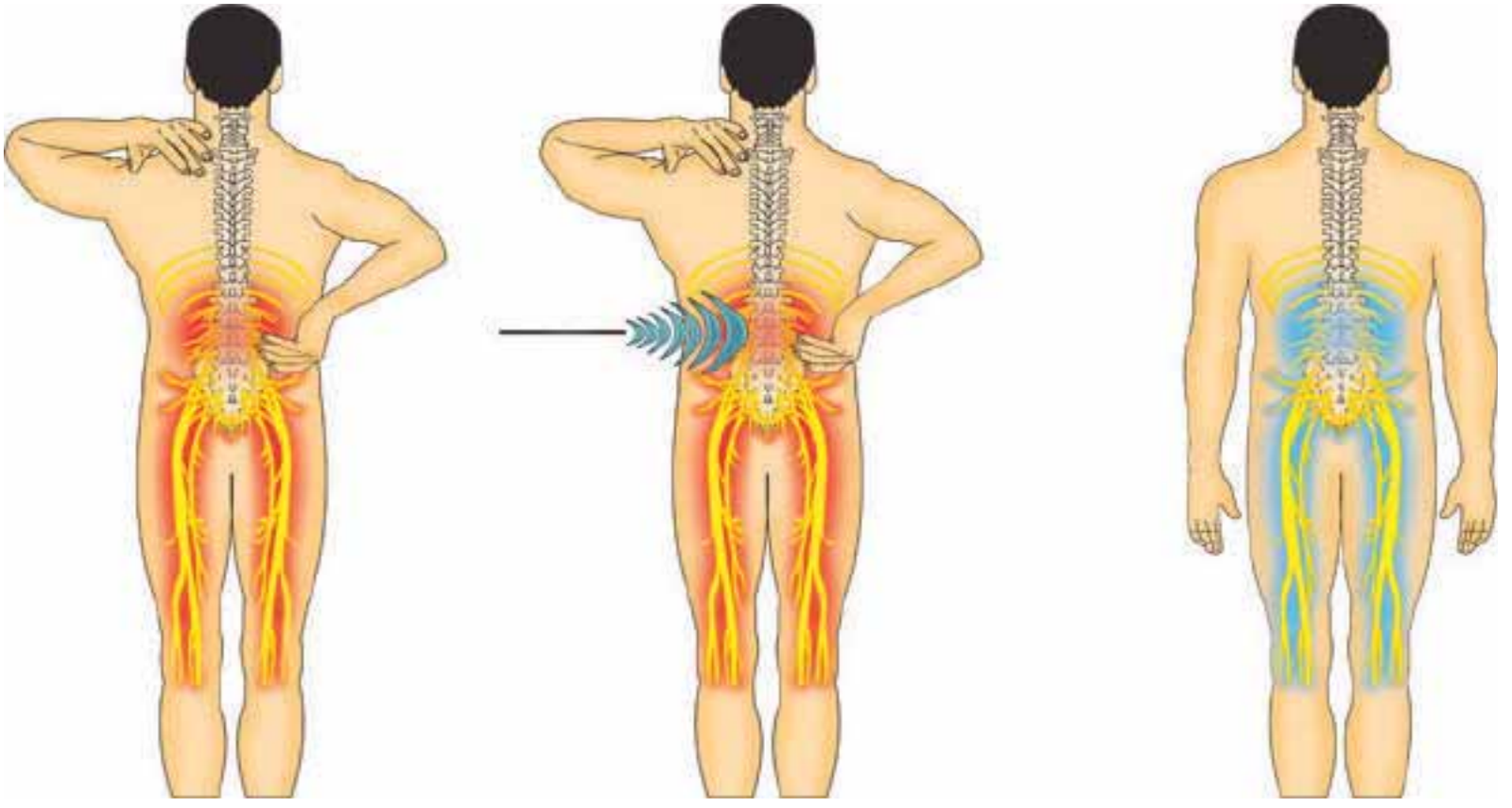
Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in our in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the edge treatments offered at *NYC Pain MD*. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

There are limited openings for these screenings and they fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month. This screening is at no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and even traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today.

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Samira Wiley knows *exactly* where she's going

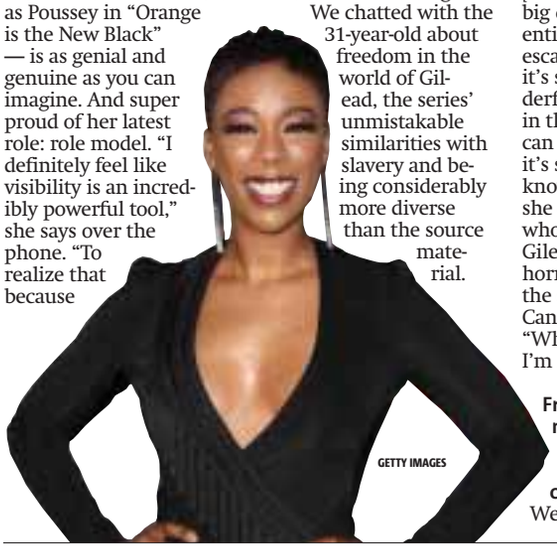
In the second season of "The Handmaid's Tale," Moira struggles with her identity and sense of belonging after escaping Gilead. HULU

Even if her character on "The Handmaid's Tale" doesn't. Here, the actress talks visibility and acknowledging the series' similarities to slavery.

RACHAEL VAUGHAN CLEMMONS
rachael.clemmons@metro.us

The second season of "The Handmaid's Tale" premieres today, and first and foremost explores freedom: What is it really? And does the fighting stop once you get it? The definitive answer in the world of Gilead is no — even when you've escaped the oppressive republic, like June's best friend Moira, as played by Samira Wiley.

Wiley, by the way — most famous for her role as Poussey in "Orange is the New Black" — is as genial and genuine as you can imagine. And super proud of her latest role: role model. "I definitely feel like visibility is an incredibly powerful tool," she says over the phone. "To realize that because I am who I am and somehow now by the grace of God I have a voice and a face that people recognize … It's a blessing."



GETTY IMAGES

We chatted with the 31-year-old about freedom in the world of Gilead, the series' unmistakable similarities with slavery and being considerably more diverse than the source material.

"We don't want to make a show with all white people, you know what I mean?"

Moira can't go back to who she was before, but she doesn't know where she's going either.

[Identity] is a really big question for Moira entire season. She's just escaped to Canada [and] it's set up to be this wonderful transition: she's in this new country, she can do whatever. But it's scary. She doesn't know anyone here — she doesn't even know who she is in this world. Gilead was a horrible, horrible place [but] it was the devil she knew. In Canada, it's sort of like, "Who even am I when I'm here?"

Freedom doesn't necessarily solve her problems. It seems to just bring her new ones.

We know her as this hard, bad-ass, amazing woman who can do anything. But really she's become fragile. She realizes she can't shake Gilead, she can't get it off of her. She's even having to resort to calling herself Ruby, from that time, because she literally doesn't even know who she is. And not only that, but who she wants to be.

The similarities to slavery are really obvious, especially this season. What do you think of the criticism that "The Handmaid's Tale" erases that part of America's history?

I do think there's some validity to [those] questions that are being raised, in terms of how [slavery] fits into this world. And to be honest, I don't have all the answers for that — it's a conversation. It's something that we need to talk about and I'm glad that people are talking about it.

It's hard because while I want to see the similarities acknowledged on screen, I'm also glad it's a diverse series.

The book is a completely white world. If we were sticking to exactly what Margaret [Atwood] did in the book, I wouldn't be a part of this show. But Bruce Miller, who is the creator and showrunner, said he didn't want to make a show like that. The intention was to make a show [where the world] looks like what the world really does look like. We don't want to make a show with all white people, you know what I mean?

WOMEN OF 'THE HANDMAID'S TALE' GLOSSARY OF TERMS

Need a refresher course on the terms and expressions of Gilead? Here's an essential guide to the terminology of "The Handmaid's Tale." Under his eye, my dudes.

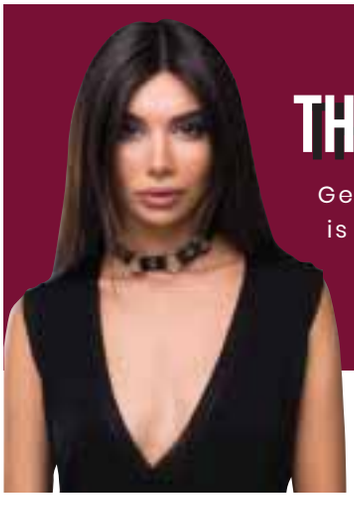
Aunts: Older women who are "true believers" of Gilead's totalitarian government. These cruel mistresses are responsible for grooming Handmaids to live in the houses of the Commanders.

Econowives: These are working class women who are married to men who aren't Commanders — and weren't forced to become Handmaids.

Handmaids: Fertile women assigned to Commanders and their Wives to help the couple conceive. Handmaids have been divorced, were married to a man who had been divorced before Gilead, or never married.

Marthas: Infertile women that are made to work as servants in the houses of Commanders.

Unwoman: A lady that has the misfortune to be infertile, unmarried, widowed, a feminist, a lesbian, a nun, or generally question the rule of Gilead. Almost always sent to work (and die) in the Colonies.



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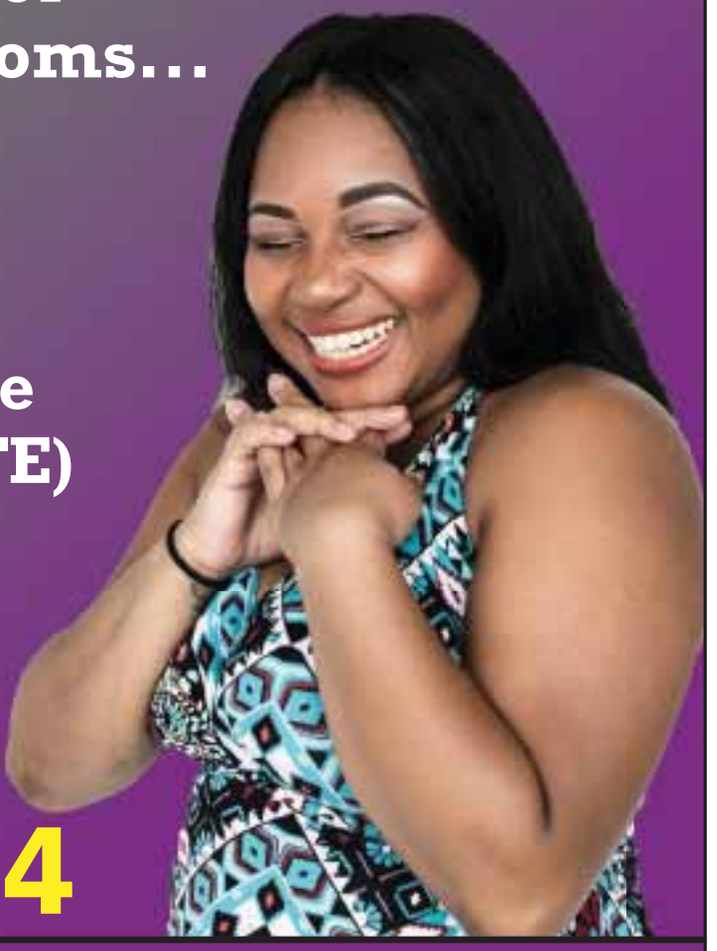

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THE HANDMAID'S TALE

From modern America to dystopian Gilead: How far away are we?

A few years from now we could all be saying "Under his eye."

HENRIETTA JONES
letters@metro.us

Wearing their own version of "pussy hats," the Handmaid's protest. GEORGE KRAYCHYK

There's a heartbreaking scene in Season 2 of "The Handmaid's Tale" where Emily (Alexis Bledel) is left behind at the airport, her family traveling on to Canada. Mentioned in Season 1, it's hardly a spoiler, still gut wrenching.

This the power of "The Handmaid's Tale"; a show that makes viewers take an uncomfortable look at the parallels between everyday life in America, and the fictional theocracy of Gilead — and consider what if? As the new season begins, it's worth asking: just how different are we to Gilead?

"Under his eye" — Privacy
In Gilead, the phrase 'Under his Eye' reminds characters they're under the judgment of god, but also reinforces the fear that the secret police are watching.

From surveillance cameras to full-body scans at airports, everyday privacy has slowly been eroded for "the greater good." However, the recent Cambridge Analytica scandal established there's always someone watching — just like in Gilead.

"Blessed be the fruit" — Abortion
In Gilead, abortion is considered murder. And in the U.S., a three-term state senator in Idaho suggested the death penalty for abortion. Over in Ohio, Bill HG565 takes this further, suggesting criminal charges against medical doctors performing abortions — much like the hanging corpse of the abortion doctor on the wall in Gilead.

Elisabeth Moss
TAKE FIVE

"May the Lord open" — Complacency
It's easy to shake your head and ignore career politicians. However, "The Handmaid's Tale" is a powerful commentary on the danger of complacency.

"I guess you kind of get used to things being one way" says Janine, as she scrubs blood from the walls.

She has a point: today, things once remarkable have become predictable and expected.

"Nothing changes instantaneously," says Offred. "In a gradually heating bathtub, you'd be boiled to death before you knew it."

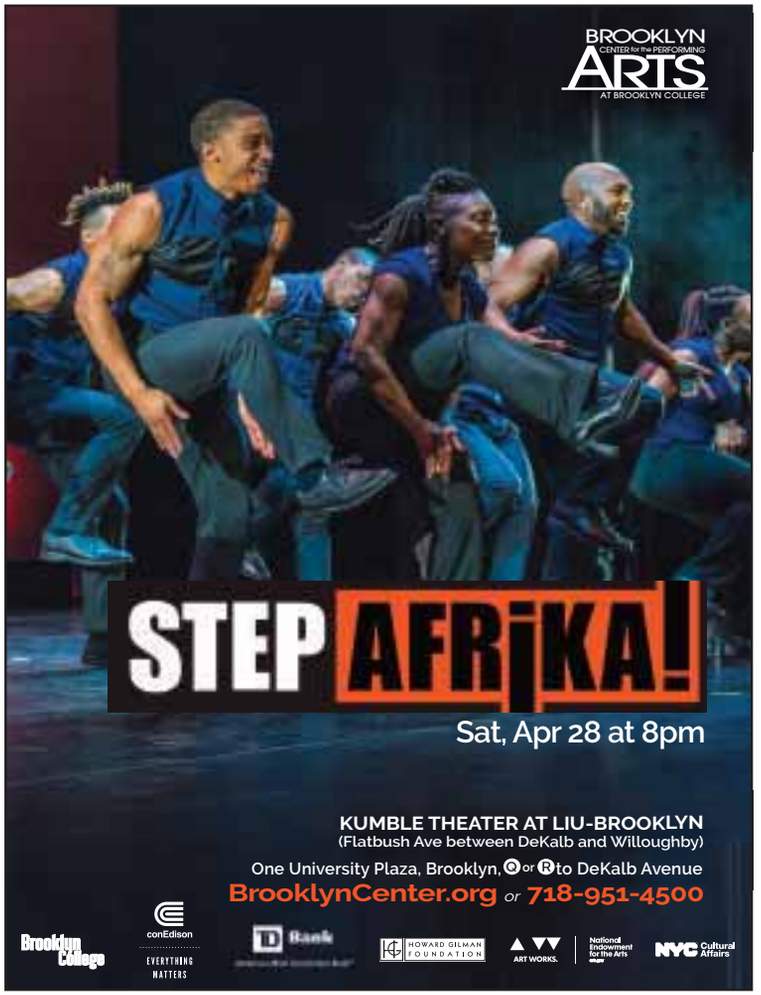
"Nolite te bastardes carborundorum, bitches" — Resistance
Of course, plenty of people are noticing change — and resisting. From Black Lives Matter to #metoo, and the teens pushing back with #riseup, ordinary Americans are standing up to the patriarchy. Don't let the bastards get you down, writes Offred's predecessor in an act of rebellion.

"There was an Offred before me" — History
While Margaret Atwood's original book was based on a loose collection of historical events, one of the TV series' most chilling plot developments is the discovery that handmaidens are Gilead's most valuable export.

While it might seem like fiction, globally human trafficking is a $32 billion industry, and there are over 4.5 million people experiencing forced sexual exploitation.

"Go in grace"
As Aunt Lydia says, "Ordinary is just what you're used to."

Don't get used to ordinary.



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Dungeons & Dragons takes the stage

Q.E.D&D turns the classic game into a stage show with audience participation in Astoria.

EVA KIS
eva.kis@metro.us

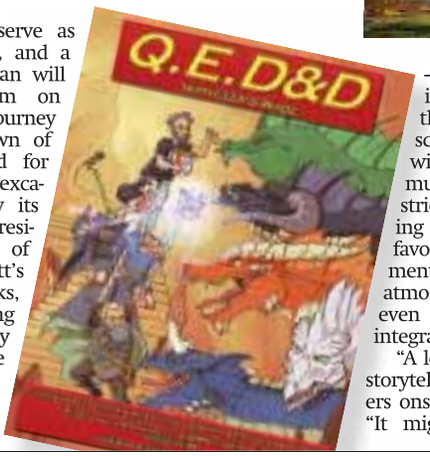
Your Q.E.D&D co-hosts Glen Hall and Wade Bowen PROVIDED

Like much of the nerd world, the original role-playing game Dungeons & Dragons has undergone a lot of change since the game began in 1974, going from maps drawn on graph paper to apps for managing characters and podcast that span multi-year campaigns.

Now, it's being transformed into a stage show called Q.E.D&D premiering April 25 at Astoria's den of all things geek, Q.E.D. Co-host Wade Bowen, a lifelong D&D fan since he only had his brother to play the game with in the '90s, created the show with Glen Hall, whom he met doing improv comedy at Upright Citizens Brigade. "Part of [the inspiration] is the improvised nature of the game," he says about creating the show. "We realized we could do that onstage with performers and that could be entertaining."

Bowen will serve as dungeon master, and a different comedian will accompany them on their monthly journey through the town of Pittsberg, named for the extensive excavations done by its previous dwarf residents. As a fan of Terry Pratchett's Discworld books, Bowen is shaping it into "a fantasy setting with some satirical, modern city problems." This month's guest improviser Glo Tavarez, who's also part of the D&D podcast Second Best.

Though it seems improbable, the game already has all the elements for a stage show, says Bowen. At its heart, Dungeons & Dragons isn't about counting squares on a game board or tallying points on a spreadsheet



— it's about invoking the "theater of the mind," as he describes it. Q.E.D&D will do away with much of the game's strict math and rolling of 20-sided dice in favor of interactive moments, multimedia like atmospheric music and even a live comedy set integrated into the show.

"A lot of it will just be storytelling with the players onstage," says Bowen. "It might not even be as much pantomiming, though I would encourage people to do so."

Each hour-and-a-half-long show will be its own self-contained adventure, with new characters joining the party every week in the form of two randomly chosen audience members. Got your own character sheet ready to go? Great, they'll use it! Never played before? They'll make up a character and get you questing. But really, everyone will be playing along.

"Given Q.E.D. and the atmosphere there, we're planning to work in some drinking games, pretending like the audience is in a tavern," he says. "We're trying to incorporate the audience into the story as much as we can."

Q.E.D&D premiers tonight at 9 p.m. and will run monthly at Q.E.D. Astoria, 27-16 23rd Ave., Queens. Tickets are $8. qedastoria.com

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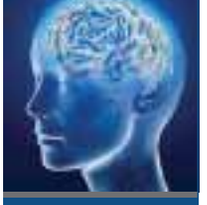

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Katherine Waterston on 'State Like Sleep' and 'basically' falling in love with its director

"Female directors give female characters permission to do wilder things than men do."

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Katherine Waterston talks about her work on this festival favorite. CODE RED PRODUCTIONS

Katherine Waterston, Meredith Danluck, Michael Shannon, Mary Kay Place and Michiel Huisman
GETTY IMAGES

There were numerous near misses on Katherine Waterston's path to "State Like Sleep."

She almost immediately disregarded the script, and only after her performances in "Fantastic Beasts and Where To Find Them" and "Alien: Covenant" did producers really become interested in casting her.

But Waterston was clearly meant to portray the grieving Katherine, who returns to Brussels a year after her husband's death to retrace his last days.

During production Waterston and "State Like Sleep's" writer and director Meredith Danluck developed a lasting friendship, so much so that the actress told me, "I am basically in love with her."

How did you come across the "State Like Sleep" script?
Meredith and I have a friend in common, who isn't in show business. He emailed me one day saying, 'My friend wrote this really great script and I think you'd be great in it.' When I opened it I saw that the name was Katherine. And I thought, 'Oh, that's sweet. Johnny maybe doesn't know a lot about the business and only thought of me because I have the same name.' And then suddenly I was on the last page. So clearly our mutual friend was much smarter than that.

What was the process of getting cast?
I met with some producers early on. And I got the feeling that they wouldn't have been able to get the funding if I was in it. Then the film changed producers, and I got some other roles that made it capable for them to hire me. Which is one of the many reasons why I feel so much gratitude to the good people at Warner Bros who put me in "Fantastic Beasts" and to Ridley Scott for hiring me in "Alien," because not only are they wonderful jobs, and really satisfying in many ways, but the sugar on top is that helps when you're trying to finance independent films.

Do you like to help out first-time filmmakers?
That makes it sound like community service. I get so much out of it. All I care about is working with brilliant directors and playing interesting characters.

Was it hard to get into the mind of the character?
The more the script has you do, the more liberating the work is. 'One note characters' don't seem like anybody I've ever met — the toughest stuff I've ever done is walking into a room with one line, playing an assistant. Meredith's writing was so deep and complex. She is truly one of the best directors I have ever worked with.

Talk about working with Meredith.
I felt like I had known her forever when I met her. She just made me feel so comfortable. She was so articulate and smart. And she had such ambition to get this film off the ground. I just immediately had confidence in her. I am basically in love with her.

Was there a conscious effort from you to work with a female writer and director?
It wasn't just that she was a woman. Our world views were very similar. Obviously men and women experience the world differently; maybe we'll get paid the same amount someday? I did feel that there was insight there that I really connected to on a really deep level, and that female directors give female characters permission to do wilder things than men do.

"State Like Sleep" is currently playing at the Tribeca Film Festival.

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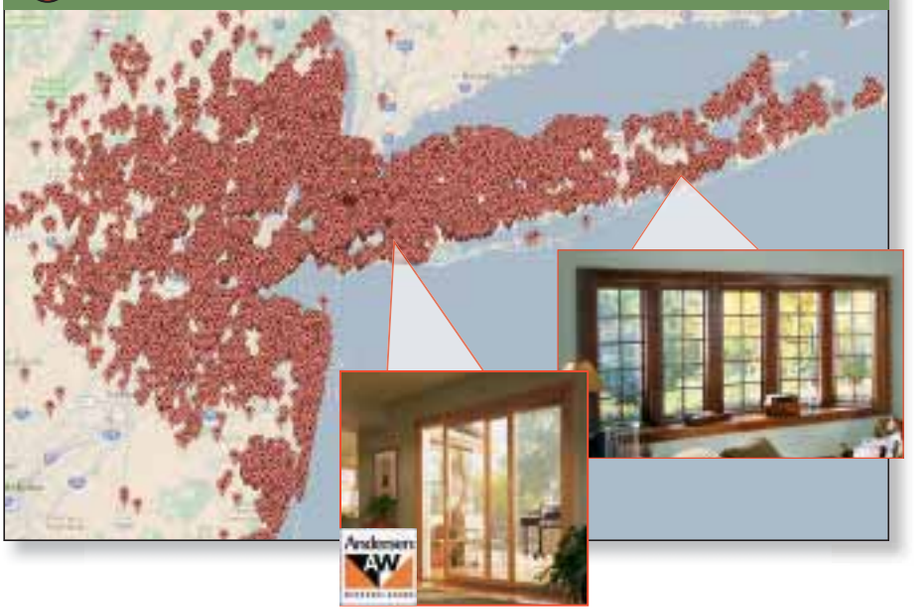

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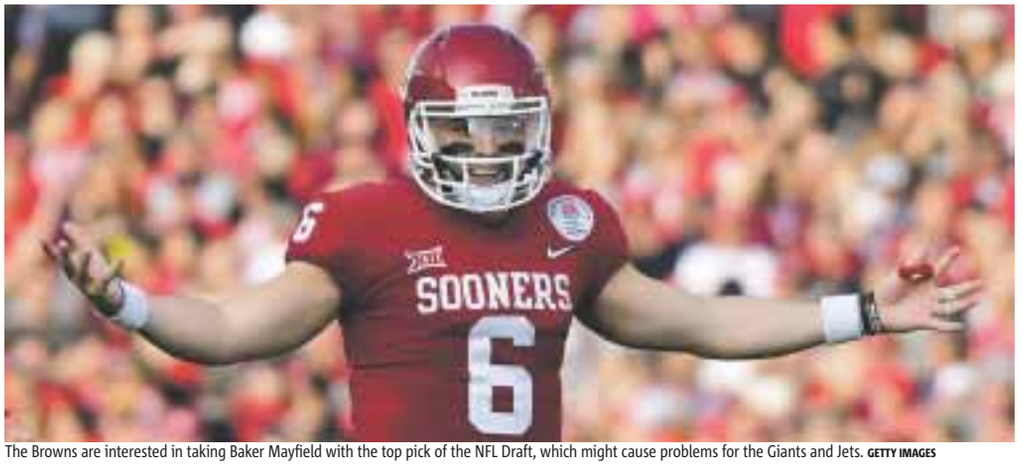
What does Browns interest in Mayfield mean for Giants, Jets at NFL Draft?

Reports have indicated that the Browns are toying with the idea of taking the Oklahoma quarterback with the No. 1-overall pick.

JOE PANTORNO
joseph.pantorno@metro.us



The Browns are interested in taking Baker Mayfield with the top pick of the NFL Draft, which might cause problems for the Giants and Jets. GETTY IMAGES

ESPN's NFL Insider Adam Schefter made everyone question their 2018 NFL mock drafts on Tuesday morning when sources informed him that the Cleveland Browns are "definitely" considering Oklahoma quarterback Baker Mayfield as the No. 1 pick.

It's a brand-new name to add to the shortlist of possible selections Cleveland was thought to be considering. With the first and fourth picks in this year's selection process, the Browns are expected to lead things off by taking a passer.

However, it was believed to be between Wyoming's Josh Allen and USC's Sam Darnold, who used stellar pro days to build their draft stock to top-pick status.

But there is also the possibility of taking Penn State running back Saquon Barkley, considered the best overall talent in this year's draft class. So it is possible that Cleveland takes the rusher before addressing their quarterback situation at No. 4 given the depth of passers available early on in the first round.

Their course of action could throw a major wrench into the plans of both the New York Giants and Jets, picking at Nos. 2 and 3 respectively.

The Giants have kept their cards close to the vest leading up to the draft as even the most popular insiders are struggling to figure out what the team will do.

Barkley and Big Blue have been linked plenty over the past few weeks, with speculation building into a frenzy after the Penn State product was seen in a Pennsylvania barbershop wearing a Giants hoodie.

The dual-threat back would provide the Giants with a difference-maker in the backfield, something they haven't had for the better part of the last decade as their rushing attack has been ranked in the bottom half of the league in each of the past five years. It's the main reason why he is thought to be the Giants' top priority.

But if the Browns decide to take Barkley first and use their No. 4 pick on a quarterback (Mayfield or Rosen), the Giants have their pick of the litter when it comes to potential franchise quarterbacks. Darnold's pro day in a torrential downpour last month only helped his case with the team as it was believed at the start of April that he would be the pick at No. 2.

That was assuming that Allen would have been off the board, the Wyoming gun-slinger once tabbed as the favorite to be taken by the Browns at No. 1.

For the Jets, the Browns' threat of taking Mayfield could ruin their plans completely. Trading up from No. 6 to No. 3 to draft their franchise quarterback,the Jets have apparently put the Oklahoma passer in their crosshairs for an early pick.

Considering Allen, Darnold and Rosen have been considered better draft prospects throughout the winter, it was all but guaranteed that the Jets would get their guy. But now there is a chance that Mayfield or another quarterback like Darnold could be off the board by the time the clock starts ticking on the third pick, which would force the Jets to take one of their backup options to become the future face of the offense.

Giants looking to ditch Flowers

New York Giants fans might have to find a new scapegoat soon. A report from NFL Network's Ian Rapoport revealed that the Giants are taking part in trade talks involving offensive lineman Ereck Flowers.

Their most-likely return would be draft compensation, though the return won't bring back anything too high.

Flowers has struggled mightily, to say the least, since being drafted ninth overall in the 2015 draft. Starting 46 of 48 games over the past three seasons, the 23-year-old has been a liability along the line, contributing to veteran quarterback Eli Manning constantly running for his life and New York's ground game continuing to be non-existent.

Ereck Flowers. GETTY IMAGES

Last season, Flowers was given a grade of 51.5 by analytics site Pro Football Focus, which falls under the "poor designation" while ranking 54th among all tackles in the NFL.

The Giants acquired a major upgrade at the position, signing former New England Patriot Nate Solder at the start of free agency. The move would have forced Flowers to shift to right tackle if he stayed with the organization.

That doesn't seem likely now.

It looks like Flowers is just as done with the Giants as the organization is with him. He has not attended any offseason workouts and was not on hand during Tuesday's first day of voluntary minicamp.

JOE PANTORNO

Predicting the future...

Metro New York breaks out its crystal ball to predict what the Giants and Jets will do at the 2018 NFL Draft, which kicks off on Thursday night from Dallas. For more, visit metro.us/new-york/sports.

O's rough start might make Machado available to Mets, Yanks

The Baltimore star could be shipped out of town before his contract expires.

JOE PANTORNO
joseph.pantorno@metro.us

While the 2018 Major League Baseball season is in its infancy, many around the league are keeping an eye on the winter, which will bring about the much-anticipated free-agency class that includes Baltimore Orioles infielder Manny Machado and Washington Nationals outfielder Bryce Harper.

Both stars could be looking at contracts of somewhere near $400 million as they are set to become two of the highest-paid players in baseball. But one of them might not even finish this season in his current uniform.

Machado had been the subject of trade talks throughout the offseason after he was surprisingly put on the trade market by the Orioles.

It was an early indication that the franchise has narrow hopes of signing the third baseman — who wants to play shortstop next season — to a new contract. It is almost a given that he would test the waters of free agency given the kind of contract offers he'll receive and the Orioles might not be able to keep up with some of the more big-market teams looking for a big-time bat.

The 25-year-old is among the premier infielders in baseball, averaging 35 home runs and 92 RBI over the past three seasons. He's off to a great start this year, batting .356 in 99 at-bats with eight home runs and 17 RBI in his first 22 games.

The Orioles could trade Manny Machado this summer. GETTY IMAGES

He's been one of the only positive things to come out of Baltimore this month though as the Orioles are off to a horrid start, already more than 11 games behind the AL East-leading Boston Red Sox.

With the team likely going nowhere, the Orioles may feel compelled to deal Machado this summer before the trade deadline in order to spark a rebuild. Because his contract expires at the end of the season, he won't fetch as large a return, but contending teams looking for a rental would be willing to give up some valuable assets for a chance at glory this fall.

The Yankees could be one of those suitors given their early issues in the infield. Brandon Drury's trip to the disabled list and Neil Walker's struggles have forced the Yankees to bring up both their young, promising prospects in Gleyber Torres and Miguel Andujar to play second and third base respectively. While they are considered the future, the Yankees could bring in Machado on at least a temporary basis to make an imposing lineup look even more threatening.

Granted, they would likely have to part with one of those youngsters to even get Baltimore to listen to a possible deal, which would be a dangerous gamble. Didi Gregorius has the shortstop job bolstered down, which is where Machado wants to move. Not to mention another astronomical contract like Giancarlo Stanton's would put plenty of strain on the Yankees' salary cap.

The crosstown Mets could also consider kicking the tires on the possibility of renting Machado. Amed Rosario, playing in his first full season, is showing early on that there still is some time needed to develop his eye at the plate along with his defense. Slating him behind Machado for a stretch run would allow the 22-year-old to learn from one of the best in the business while Yoenis Cespedes and the slumping Jay Bruce are provided with some phenomenal offensive support.

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Manhattan & Brooklyn

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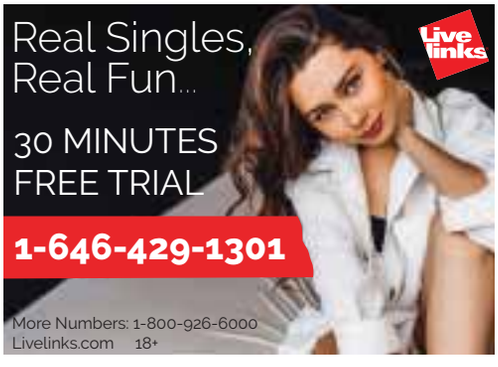


GAMES

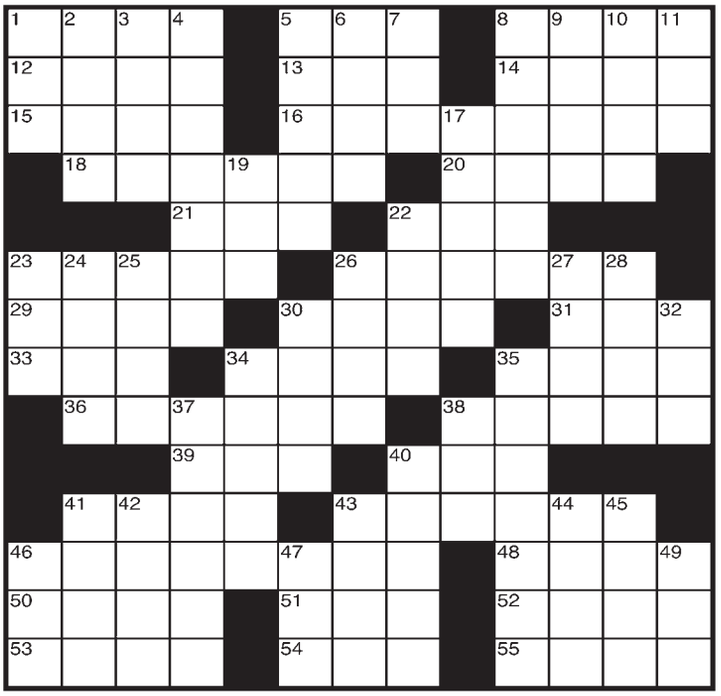
metro.us/crossword

ACROSS

1 Bisque, e.g. 5 Chatter
8 Walks barefoot
12 Hotel chain
13 Geisha's accessory
14 Mr. Kazan
15 Take on cargo
16 Insisted
18 Broke in
20 Tinned meat
21 Yahoo! rival
22 Estuary
23 -- laugh or dance
26 Vassal's oath
29 Fired
30 Kind of muffin
31 Listener's need
33 Urge
34 Highway
35 Uncommon
36 Silk source
38 Fuses
39 Big laugh
40 -- out (relax)
41 Brownish-purple
43 Partial refund
46 Archer's feat (hyph.)
48 Feast with poi
50 Sea eagle
51 Knock
52 Technical sch.
53 Distinct periods
54 Med. personnel
55 Between ports

DOWN

1 Earth's star
2 General -- Bradley
3 Deal with a knot
4 Dappled, as a horse
5 Call from the Alps
6 Not yet risen
7 Basinger or Novak
8 Friendly correspondent (2 wds.)
9 "Betsy's Wedding" star
10 Caesar's day
11 Unhappy
17 Like pagodas
19 Tarzan's kid
22 Peruse
23 Howl
24 Co. honcho
25 Comedian Jay
26 Funny -- Lebowitz
27 Greenish-blue
28 House's lot
30 Volume
32 Lawyer's thing
34 Don Juans
35 Crown and scepter
37 Goes by bike
38 Fly catcher
40 Pence and LBJ
41 Happy rumble
42 Arm bone
43 Pitcher Nolan --
44 Big casks
45 Soften
46 Drone
47 Go wrong
49 Actress -- Hagen



metro.us/sudoku

easy

			3		4			
		1						9
4	5	2	9			6		3
	2	7			6	8		
			2		5			
		9	8			1	5	
8		4			1	9	7	5
2						3		
			4		3			

hard

		8	4	7				
1	4			3		8		
				9	6			
5			1	4	8			2
		4				5		
3			2	5	7			4
			9	1				
		3		2			7	8
				8	5	6		

metro.us/horoscopes

Aries Discipline and hard work will pay off, but at what cost? Pace yourself and don't become exhausted trying to take on too many responsibilities or covering for someone else.

Taurus Study every situation you face carefully and figure out what will serve you best and help you excel. Take care of your health, and make time for the people closest to you.

Gemini Honesty may be a problem when dealing with others. Listen to what's being said and be wary of evasiveness. If you don't fully understand something, ask direct questions.

Cancer Your intuition won't let you down. You can be sure of your feelings. Answers to your questions will resolve any issue you have with someone using manipulative tactics.

Leo Go over your personal finances and recent spending habits. Resolve any unfinished business and clear the way for new beginnings. Speak up if you disagree with someone.

Virgo Command the floor at meetings to make a difference. Offer alternatives and back up your plans with reasonable timelines and procedures that you know will run smoothly.

Libra Make constructive changes at home or to your lifestyle that will ease financial stress and encourage greater personal stability. Keep your personal matters and passwords secret.

Scorpio Get involved in a project, protest or group effort that you believe in. The people you surround yourself with will make a difference to your attitude and your accomplishments.

Sagittarius Emotional deception is apparent. Whether it's someone leading you astray or you just refusing to see the truth, problems will arise if you don't re-evaluate what's going on.

Capricorn Look at your financial situation or personal expenditures and make necessary adjustments. Home improvements will turn out to be beneficial.

Aquarius Talk is cheap if you don't follow through on your words. Someone will give you false hope or will expect something that you cannot deliver.

Pisces Use your intuition, imagination and vision to get ahead. Be detailed and precise, and present what you can do with finesse and confidence. EUGENIA LAST

Yesterday's answers

J	I	M		L	U	L	L		H	U	T	S		
O	R	D		E	R	I	E		I	R	O	N		
T	A	S	S	E	L	E	D		N	A	N	O		
S	N	E	A	K				A	D	L	I	B		
			S	S	E		F	L	U					
S	A	N	S		I	R	I	S		K	W	H		
A	W	A	Y		F	O	B			L	O	A		
K	E	G			F	A	B		B	E	E	F		
E	D	S		H	E	R	E		R	E	S	T		
			G	A	L		R	O	I					
F	U	S	E	D				M	A	I	N	E		
O	G	E	E		H	A	Z	A	R	D	E	D		
I	L	E	S		A	M	A	H		E	O	N		
E	Y	R	E		Y	O	G	A		A	N	A		

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